

To: All Region 8 Employees[All_Region_8_Employees@epamail.epa.gov]
From: This Week at EPA-Region 8
Sent: Tue 1/21/2014 6:17:06 PM
Subject: This Week @ EPA - Week of 1/20/14

This Week at EPA

Making a Fitness Resolution in 2014? Fitness Center sign-up and renewal is this month. For information about fees and sign-up requirements, go to the [Health & Wellness](#) page on the 8net and see "Fitness Center."

Weekly Activities Reports are posted on the 8net. To find them, hover on the "Tools" tab then click on "Resource Library." In the "Category" field, click the drop down arrow and select Weekly Activities Report, then click "Apply." Read the [January 17th](#) report.

THE FLU IS OFFICIALLY AN EPIDEMIC. Colorado is experiencing a very active flu season. CDC recommends that if you are sick stay home for at least 24 hours after your fever is gone. It is not too late to get a flu vaccination. Cover your nose and mouth when you cough or sneeze. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer. Avoid close contact with sick people. Avoid touching your eyes, nose and mouth. Germs spread this way. Clean and disinfect surfaces and objects that may be contaminated. [Click here](#) for more information about prevention and symptoms.

What is Creditable Service? When reviewing information filed in an employees eOPF or computing retirement estimates using our [FHR retirement calculator](#), it is important to have an understanding of the Creditable Service under FERS/CSRS. Please look at the information available on the [8Net](#) on Service Credit and contact the SSC Benefits line at 513-569-7699 with any questions.

FHR Navigator is an on-line, interactive tool that can be used to quickly obtain federal retirement estimates. It can provide an estimate of federal annuity, project Thrift Savings Plan account balance and estimate Social Security benefit. [Click here](#) for more information and step-by-step instructions on accessing and computing estimates.

2014 Cookie Sale: The Employees Association and the Federal Women's Program would like to announce the 2014 cookie sale! Treat your co-worker, friend or boss to a half dozen cookies. Each order is \$4.00. Orders are due February 5th to Marisa McPhilliamy (cubicle location 7288, 8P-AR). Cookies will be delivered on February 12th. Proceeds benefit "Bring Your Kids to Work Day" and other events. [Click here](#) and see the order form at the bottom of the page. Contacts: Marisa McPhilliamy at 312-6965 and Erin Barnes-Weaver at 312-6871.

Cookie Bakers Needed! EA/FWP needs your help with this year's annual cookie sale on February 12th, 2014. If you are interested in baking or helping sort and deliver, please contact Erin Barnes-Weaver at 312-6871.

Webinar and Brownbag on Lead Poisoning. A webinar on "Lead Poisoning – Getting the Word Out" is scheduled for Wednesday, January 22nd at 1:30 pm. Join the Adobe Connect webinar by using the link <https://cdphe.adobeconnect.com/apcdlead/>, you will not be able to register ahead of time and space is limited so be sure to join on time. Please make sure that your speakers are functioning and turned on, use headphones to avoid disturbing your neighbors. The webinar will be recorded and made available in the future. This webinar complements the brownbag scheduled for Thursday, January 23rd at 11:30 am. At both the webinar and the brownbag, Tamara Rubin, Lead Safe America Foundation, will tell her story about her children being exposed to lead dust during a remodel of her historical home. Contact: Cheryl Turcotte at 312-6210.

Wednesday, January 22nd - Training for the New Leadership Library® (Yellow Books) from 9:30 - 10:30 a.m. This database from Leadership Directories, Inc. incorporates all the Yellow Books and includes detailed contact information for leaders across federal, state, and local government offices as well as in business, finance, media, law, professional organizations, and nonprofits. This webinar will cover: A review of all the data sets The Leadership Library® contains; finding people and conducting keyword searches; creating contact lists and tracking contacts of particular interest; exporting data files to your computer. Advance registration is not required. Access the webinar through this link: http://intranet.epa.gov/desktop/t_webinars.html#yellow and for audio call: 1-213-493-0622, meeting ID: 557-315-584

Thursday, January 23rd - Brown Bag Presentation on Wading Into the Waters: Aquatic Resource Protection in Region 8. Billy Bunch, ORISE/Aquatic Resource Protection and Accountability Unit, will provide an overview of EPA's involvement in the protection of vulnerable aquatic resources and what we stand to lose if our aquatic resources are not adequately protected. It will be held from 12:00 - 1:00 pm in the Dakota Room. Bring your lunch and join us! Contact: Billy Bunch at 312-6412.

Looking Ahead.....

Understanding Data Uncertainty – Why It's More Important Than We Think, sponsored by the R8 Scientific Integrity Workgroup on Thursday, January 30th from 12:00 - 1:00 pm in the Bison/Bitterroot rooms. Dr. Michael Hannigan, Associate Professor in Mechanical Engineering at CU-Boulder and EPA collaborator, will present a lecture on the basic understanding of data uncertainty and why this is, and has been, an important topic for environmental science. Contact: Adam Eisele, 312-6838.

The 20th anniversary of EJ BrownBag will be hosted by the EJ Program on Tuesday, February 4th from 11:00 am - 12:30 pm in the conference center. Community-based area non-profit, Groundwork Denver, will be discussing their work to improve physical environmental conditions and promote health in the Denver area. Contact: April Nowak, 312-6528.

Sign Up Now for Preventing Workplace Violence Refresher Training will be held on Wednesday, February 5 from 9-10am in the conference center. The speaker, Dr. John Nicoletti,

is a national expert in violence risk assessment and workplace violence prevention. Go to the [8net Training Page](#) and click on START to sign up. Contact: Michelle Parker, 312-6139.

Sign Up Now for Quality Assurance Core Training. This training is required every two years for all R8 employees involved with environmental data (i.e., project and contracting officers, inspectors, data entry staff, data users and analyzers, permit writers, project managers, etc.). The training will be held on Thursday, Feb. 20, 2014. Go to the [Training Page](#) on 8net and click on START to sign up. Contact Lee Hanley if you have questions, 312-6555.

PROCESS FOR SUBMITTING INTERNAL COMMUNICATION REQUESTS: *Effective Sept. 3rd, 2013, requests for postings to This Week at EPA, the 8net, lobby monitor, voicemail broadcasts, NewsFlashes (used by TMS), and use of the Atrium must be submitted via a new webform. The webform is located on the [Internal Communications 8net page](#) along with detailed information about each communication tool. Please do not use the r8ocpi@epa.gov email box any longer. If you have any questions, call Whitney Trulove-Cranor at 312-6099.*